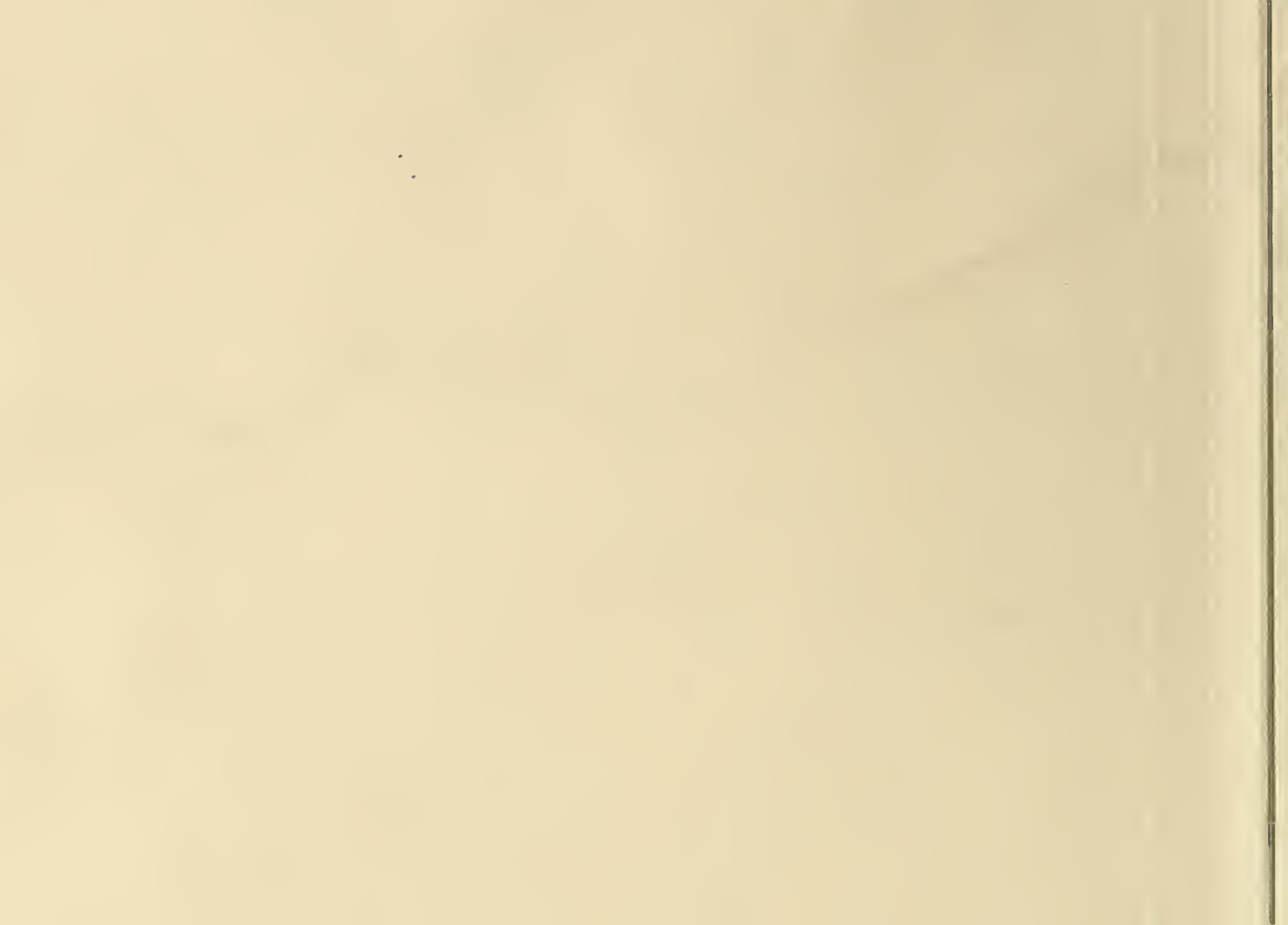
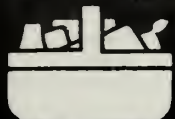


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# CONSUMER TIPS > >

## ALUMINUM SUBSTITUTES

(Information from Bureau of Home Economics, USDA)

### TOP OF STOVE COOKING

GPO 116-15214 Enamel (Saucepans) - cheapest, most satisfactory; handle with care; never allow to boil dry; cool before washing; never pour cold water into hot utensil. Acid-resistant finish is better, but costs more.

2. Iron (Frying pans, heavy utensils) - good for long slow cooking; takes longer to heat; holds heat well at low fuel cost. Season before using (put non-salty fat in pan, heat at low temperature for 2-3 hours);

(over)

dry well before putting away.

3. Glass (Flameproof) - costs more than enamel; easy to clean; heats slowly but holds heat well; guard against sudden marked changes in temperature.

4. Stainless steel - most expensive; very durable; will not stain; heats unevenly; watch food for scorching.

### OVEN COOKING AND BAKING

Baking sheets & cake pans - tin, re-tinned steel, cheap & satisfactory. Pie pans - tin, enamel, glass; tin is cheapest. Baking dishes & deep baking pans - enamel, ovenproof earthenware, glass. Roasting - tender meat: open pan of Russia iron or enamel; less tender meat: covered pans of same materials.

CONSUMERS' COUNSEL DIVISION

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